

# FORCE SERIES



TRUE FITNESS STRENGTH:  
FORCE SERIES

## DUAL FUNCTION MEETS MODERN STYLING

The Force Series delivers commercial quality construction, premium styling, and space efficient dual function designs. Six machines provide thirteen different club-quality exercises for your users.

# FORCE SERIES USER AMENITIES

## ✓ **SPACE-EFFICIENT DESIGN**

With footprints equal to or smaller than the industry average, Force offers operators flexibility with facility design. 6 machines provide 13 exercises in only 200 sq ft of space.

## ✓ **COMMERCIAL QUALITY CONSTRUCTION**

The Force Series is designed for long-term performance with commercial quality components and construction.

## ✓ **MODERN STYLING**

Featuring a distinctive upright design with smoked acrylic shrouds and contoured upholstered pads with contrast double stitching, the Force Series provides modern aesthetics in a space efficient and inviting package.

## ✓ **USER-FRIENDLY FEATURES**

Designed to be approachable, non-intimidating and intuitive, the Force Series offers easy entry/exit designs, crisp and accurate adjustments, and a variety of stylish comfort items that enhance the user experience.





**LEG EXTENSION/LEG CURL**  
SD-1000



The Leg Extension/Leg Curl machine has revolutionized the ability to transition from extension to curl exercises, allowing users to target both their quadriceps and hamstrings with one piece of equipment.

- + Multi-position contoured back pad with lumbar support wings and integrated head pad
- + 3 starting positions for both leg extension and leg curl exercises
- + 4 position ankle pad adjusts easily
- + Fixed shin pad provides stability during leg curl exercise



**BICEPS/TRICEPS**  
SD-1001



The Biceps/Triceps machine is an essential piece for any fitness setting. This product accommodates users of all sizes and provides the ultimate, customizable workout experience for all users while also providing superior comfort.

- + 6-position seat with lumbar support utilizes one way ratchet for easy adjustment
- + Three starting positions for both Curls and Extensions allow users to choose the range of motion best suited to their individual needs
- + Rotating arm assembly provides comfort and support throughout each movement



**LAT/ROW MACHINE**  
SD-1002



The Lat/Row Machine is constructed with high-quality materials and a sleek appearance, bringing both sophistication and class to your facility that will leave users coming back for more.

- + 10-position thigh pad easily adjusts to accommodate a wide range of users
- + Angled seat encourages proper anatomical alignment during both pulldown and row exercises and creates an unobstructed path for the row handle



**LEG/CALF PRESS**  
SD-1003



The Leg/Calf Press machine enhances any facility with its ultra-sleek and stylish appearance and will exude sophistication in any setting. Superior aesthetics and a compact footprint allow this machine to be placed virtually anywhere within a facility while providing users with two exercises in one machine.

- + Low profile walk-through design for easy entry and exit
- + 12 position contoured back pad with lumbar support wings and integrated head pad
- + Oversized rubber-coated foot platform accommodates a wide range of users



**AB CRUNCH/BACK STRENGTH MACHINE**  
SD-1004



The FORCE Series SD-1004 Ab Crunch/Back Strength Machine is a versatile piece of exercise equipment that targets two key areas of the body: the abs and the back. By utilizing this ab crunch and back strengthening machine, one can strengthen one's core and improve posture. Regular use can help in toning the abdominal muscles, reducing belly fat, and enhancing one's physique.

- + 4-position range of motion adjustment for users to easily change between exercises
- + Overhead grips and rolling back pad pre-stretch the abdominals
- + Lumbar support and large foot platform provide support and encourage proper alignment

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**MULTI-PRESS**  
SD-1005



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Complete a combination of customizable exercises all on one machine with the Multi-Press: chest press, shoulder press and incline press.

- + 3 position back pad with lumbar support wings and integrated head pad uses gas cylinder assist to easily adjust for Chest, Incline Chest, and Shoulder Press exercises
- + 6 position press arm and 8 position seat accommodate wide range of users
- + Multi-position hand grips for exercise variation
- + Clearly labeled and color-coded adjustment knobs



**ADJUSTABLE FLAT INCLINE BENCH**  
SF-1000



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The FORCE Series adjustable flat incline bench features reinforced pivot points designed to create a solid-rock feel in every position. Easily adjust the bench's position to be flat or inclined depending on your workout needs. The compact, space-saving design of the SF 1000 adjustable flat incline bench allows it to be placed and stored anywhere in the facility.

- + 9-position back pad adjusts from 0-75 degrees
- + 4-position seat pad adjusts from 0-18 degrees to ensure comfort and stability
- + Integrated wheels and handle for easy moving



**AB BENCH**  
SF-1010



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This effective and compact Ab Bench is essential for any fitness facility. Like the rest of the FORCE Series, the Ab Bench exudes an ultra-sleek appearance that will provide a classic and sophisticated image for any fitness setting.

- + Compact space-efficient design
- + Two-piece pad with calf support provides comfort and accommodates wide variety of users



**DUMBBELL RACK**  
SF-1050



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Designed to accommodate 5-50 lb dumbbells or a combination of dumbbells and kettlebells, the Force Series 3-Tier Flat Tray Rack provides both form and function in an attractive and space efficient package.

- + Oversized flat trays accommodate any style dumbbell
- + Angle of top tray allows kettlebell storage



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